

# Irving Recreation Center

## Summer Day Camp

### Grades 5-7

The gym will not be available this week so campers will have plenty of time outside in nature. Breathe the fresh air and get active this week, because the outdoors is calling. Will you answer? We promise plenty of summer active fun and some cool nature activities this week!

#### Monday

This morning we'll be active right away! One group will be playing basketball outside near the middle school while the other group plays on the court in Irvingdale Park. After we play basketball separately, campers will come together to play Capture the Flag either in the park or on the field. After a quick snack we'll be headed down to Irvingdale Pool for some fun swimming time! Please make sure you bring your swimsuits, sunscreen, and towels today. Following lunch we'll be walking to the South Branch Library so make sure you bring your library cards today.

#### Tuesday

This morning we'll be playing flag football and ultimate frisbee outside on the field. After we play outdoors for a bit we'll come back in for a snack. Following our snack we'll be headed outside again for a game of kickball. When we've finished our kickball game it will be time for a camper favorite field trip. We are headed to Laser Quest for some laser tag fun! Please make sure your child is wearing their green field trip shirt! We'll leave Irving at 11:45 and return around 1:30. After lunch we'll do our daily reading time then we'll head outside for some time in the park. We'll nearly have reached the end of the day and I'm sure everyone we'll be ready to rest so we'll finish the day with a snack.

#### Wednesday

The outdoor fun continues for campers when we play Numbers Soccer and Basketball rotations. One group will be playing on the field while the others play on the courts near the middle school. Campers will have a chance to participate in both activities. Following our morning activities, campers will begin rotations of optional tennis and mandatory yoga. Make sure your child is signed up for tennis for the week if they would like to continue their training. Following yoga and tennis will be lunch and Drop Everything and Read time. As we enter the last half of the day, we'll unwind with a classroom craft followed by a game of whiffle ball out on the field.

#### Thursday

Thursday will begin with a sidewalk chalk activity as campers will draw their favorite characters, original creations, and any other creative ideas they come up with on the sidewalk. Following that quick art activity we'll be going on a walk through the neighborhood to find some great examples of nature for a craft project later in the day. After a quick snack campers will move into yoga and tennis rotations. After those rotations we will have a delicious and nutritious lunch. When lunch is over it will be time for our daily reading time. Following our reading time we'll be completing the craft project involving the nature artifacts we discovered. We'll finish with an activity outside and snack.

#### Friday

This morning we'll start out by walking down to the park and playing some football, frisbee, volleyball, or soccer. Campers will also have a chance to play at the local playground. Following a snack down at the playground we'll be getting ready to go to the pool. We'll be at the pool from 11:30 a.m. to 1:00 p.m. Following our trip to Irvingdale Pool we'll have lunch, read for a bit this afternoon and play one final active game for the week before having our afternoon snack.



## Gym Floor Refinishing

On Monday and Tuesday (July 8-9) professionals from the LPS Facilities and Maintenance Department will perform routine light sanding and refinishing of our gym floor. Standard precautions will be followed including proper ventilation and limited exposure to the work area. We hope to be back in the gym sometime the week of July 15. If you have any questions about this project, please contact the rec. center office.

## Contact Us

402-441-7954